

Resources for Everyone (updated 02/08/2022)

First Economic Impact Payments

The federal Coronavirus Aid, Relief, and Economic Security (CARES) Act provides a one-time payment of up to \$1,200 to individuals (\$2,400 for married couples) and \$500 per child. The full payment is available to individuals with up to \$75,000 of income (\$150,000 for married couples and \$112,500 for heads of households). The payment is reduced for those with incomes between \$75,000 and \$99,000 (\$150,000 and \$198,000 for married couples and \$112,500 and \$146,500) and eliminated above those income levels. If you did not receive the first payment by December 31, 2020, you may be able to claim the Recovery Rebate Credit on your 2020 taxes. For more information, visit the [Internal Revenue Service's Recovery Rebate Credit information page](#).

Second Economic Impact Payments

The Treasury Department sent out one-time checks worth \$600 to most individuals (\$1200 for couples). Those with children should have received an additional \$600 per child under age 17. The payments phased out for individual taxpayers who earned more than \$75,000, heads of households who earned more than \$112,500, and joint filers who earned more than \$150,000. These figures are based on 2019 tax returns.

Third Economic Impact Payments

A third round of Economic Impact Payments was authorized by the American Rescue Plan Act of 2021 in the amount of \$1400 for an eligible individual with a valid social security number and \$1400 for each qualifying dependent. The IRS started sending out payment on March 12, 2021 and continue to send economic impact payments weekly in 2021 as 2020 tax returns are processed. Due to new income limitations, some individuals won't be eligible for the third payment even if they received the first or second payments.

Generally, someone is eligible for the full amount of the third Economic Impact Payment if they:

- are a U.S. citizen or U.S. resident (and their spouse if filing a joint return), and
- are not a dependent of another taxpayer, and
- their adjusted gross income (AGI) is not more than:
 - \$150,000 if married and filing a joint return or if filing as a qualifying widow or widower
 - \$112,500 if filing as head of household or
 - \$75,000 for eligible individuals using any other filing status

Payments will be phased out – or reduced – above those AGI amounts. This means people will not receive a payment if their AGI is at least:

- \$160,000 if married and filing a joint return or if filing as a qualifying widow or widower
- \$120,000 if filing as head of household
- \$80,000 for eligible individuals using any other filing status

Check Economic Impact Payment status

The Internal Revenue Service has also launched a [“Get My Payment” web tool](#) allowing individuals to check the status of their economic impact payment. To check the status of your payment, you will need to enter basic information such as Social Security Number, Date of Birth, Mailing Address. Also available in Spanish [here](#).

Treasury Department COVID-19 scams

To learn about and report coronavirus-related IRS scams, visit the [dedicated webpage](#) on the Treasury Inspector General for Tax Administration’s website. The Internal Revenue Service does not initiate contact with taxpayers by email, text messages, or social media channels to request personal or financial information, even about Economic Impact Payments.

SNAP (Food Stamps)

The Supplemental Nutrition Assistance Program (SNAP), more commonly known as food stamps, ensures that Americans receive the food they need, especially if they are newly unemployed. These programs have received increased investments to ensure that your family can put food on the table. You can find out if you are eligible and apply for SNAP through the [Oregon Department of Human Services website](#).

WIC Benefits for Pregnant Women and Mothers

The Special Supplemental Nutrition Program for Women Infants and Children (WIC) provides access to nutritious foods to low-income pregnant women or new mothers. While you normally must apply for WIC benefits in person, the Oregon Health Authority is practicing social distancing to administer this program through appointments over the phone, by email, and video chat. More information on how to apply can be found [here](#).

Food Banks

To find a food bank near you, call the USDA National Hunger Hotline 1-866-3-HUNGRY/1-877-8-HAMBRE.